

Intervention: Postponing Sexual Involvement (PSI) - augmenting a five-session human sexuality curriculum

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

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| <input type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input checked="" type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the Intervention:

Postponing Sexual Involvement (PSI) - augmenting a five-session human sexuality curriculum is designed for middle school students. The program consists of five 50-minute sessions on human sexuality, including contraceptive and abstinence information, taught by 10th and 11th grade peer educators, along with five 50-minute sessions on reproductive health led by health professionals. It is based on social inoculation theory.

Findings from the systematic reviews:

In California, where the program was originally utilized, participants were significantly more likely to delay initiation of sexual intercourse, reduce frequency of sex, and increase use of contraception.

However, when the program was replicated in Georgia, the program evaluation did not yield the same results. It is worth noting that this replication did not precisely follow the original program design, which focused on youth teaching youth.

Limitations/Comments:

This program is recommended for use with eighth grade students, African American youth, sexually inexperienced youth, and youth at higher risk, defined as low-income teens who rely primarily on publicly funded hospitals for their health care. In addition, its use has been limited to African American middle-school youth in urban environments.

References:

Alford, S. Science and Success: Sex education and other programs that work to prevent teen pregnancy, HIV and Sexually Transmitted Infections; 2003. Available online at: [Advocates for Youth](http://www.advocatesforyouth.org/publications/ScienceSuccess.pdf) - <http://www.advocatesforyouth.org/publications/ScienceSuccess.pdf>